



L. CLARK CUSHING

MURRAY SENIOR RECREATION CENTER

2018

Recreation for 55+

July

From the Director's Desk

The staff have been hard at work on their annual goals. If you need to have something notarized, April is now a notary. The program coordinators always appreciate new suggestions for trips, classes, or presentations. If you attend a presentation somewhere else and would like the individual to come to the Center, please ask them for a business card and give it to one of the Center staff to contact them.

We are selling Center shirts for \$25. If you are interested, please come talk with me.

Scott's last day with us will be Friday, July 6. He had a wonderful opportunity come up. We wish him the best of luck with his future endeavors.

Please be safe during the hot summer months.

*Thanks,
Tricia*

L. Clark Cushing Senior Recreation Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-
Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

**Saturday – Sunday
Closed**

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Murray Pioneer Home Tour

Murray Cultural Arts is offering tours of historic Murray homes and buildings on **Saturday, July 21**. They are touring the Walton Home (5197 S. Wesley Road) at **10:00** followed by the Murray Mansion and the Murray Theater.

If you are interested, please contact Lori Edmunds at LEdmunds@murray.utah.gov or 801-264-2620.

Trip Drivers and Hosts Needed

We are looking to expand our pool of volunteer bus drivers for Wednesday pick-ups and trips. A CDL license is not required, but there is a health exam required. Training will be provided.

As we add additional trips to our calendar, we are looking for more trip hosts.

If you are interested, please contact Wayne in person, via email woberg@murray.utah.gov, or call 801-284-4242.



2018 Center Upcoming Closures

| | |
|-----------------------|------------------|
| Wednesday, July 4 | Independence Day |
| Tuesday, July 24 | Pioneer Day |
| Monday, September 3 | Labor Day |
| Monday, November 12 | Veterans Day |
| Thursday, November 22 | Thanksgiving |
| Friday, November 23 | Thanksgiving |
| Tuesday, December 25 | Christmas Day |

Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

L. Clark Cushing Senior Recreation Center Staff

| | |
|--------------------|-------------------|
| Director | Tricia Cooke |
| Programming | Maureen Gallagher |
| | Wayne Oberg |
| Secretary | April Callaway |
| Receptionist | Miranda Carter |
| Ceramics | Cindy Mangone |
| Meals Supervisor | Scott Harris |
| Meals Assistant | Chris Miller |
| Dishwasher | Annie Gardner |
| Custodian | Don Smith |
| Volunteer Drivers | Jerry Budd |
| | Chuck Dillard |
| | Sonny Jckowski |
| | Tom Thompson |
| Building Attendant | Pete Wright |

Advisory Board

| | |
|-------------------|-----------------|
| Rod Young (Chair) | Christine Clark |
| Richard Clark | Brenda Clausen |
| Connie Gardner | Ed Houston |
| Jenny Martin | Pete Wright |
| Erich Mille | |

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the L. Clark Cushing Senior Recreation Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the L. Clark Cushing Senior Recreation Center and the suggested donation is \$1 per issue.

Newsletters are archived online.

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The L. Clark Cushing Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

April Callaway is now a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service.

Heritage Senior Adults, Inc.

DONATIONS made to the L. Clark Cushing Senior Recreation Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the L. Clark Cushing Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the L. Clark Cushing Senior Recreation Center. Applications are available at the Front Desk or on our website.

2018 Special Events

Monday, September 10
Open House

Wednesday, October 17
Oktoberfest

Monday, November 5
Veterans Brunch

Wednesday, November 14
Thanksgiving Meal

Friday, December 7
Holiday Boutique

Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the L. Clark Cushing Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

Car Health

On **Tuesday, July 10** at **10:30** a representative from Murray City's Fleet Maintenance Department will teach us what **CAR HEALTH** services need to be done on a regular basis to keep vehicles running smoothly. Learn what you should look for, what you can do to keep your car ready for when you need it, and find out what tools you need so you can check your vehicle. This is a **free** class. [Register now.](#)

Planning on a summer road trip? Before you go, you should check your car to make sure that it is in good condition and running smoothly. This will help you to drive safe and avoid any breakdowns or mechanical issues. You'll then be free to roll down the window, turn on the radio, and enjoy the open road!

Living Well with Chronic Pain

On **Thursday, July 12** at **9:30-12:00** we will be offering the six-week program entitled **LIVING WELL WITH CHRONIC PAIN**. This program is lead by two trained instructors. They will teach techniques to help manage frustration, fatigue, isolation, and poor sleep, as well as strategies to engage in appropriate exercise and medication management. The curriculum also focuses on ways to communicate effectively with family, friends, and health professionals; adopt healthy nutrition habits; and evaluate new treatments.

You will learn skills to problem solve, make decisions about key aspects of your chronic pain, and create an action plan. *Space is limited to 15.* This is a **free** class. [Register now.](#)

eBooks and eAudiobooks Class

On **Friday, July 13** at **10:30**, a representative from Murray City Library will teach how to use **eBOOKS and eAUDIO-BOOKS**. Bring your devices (tablet, smart phones, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Bring your Murray Library Card. If you don't have one and would like one, please bring photo ID with your current address or a photo ID and a piece of mail with your name and current address. This is a **free** class. [Register now.](#)

Stop the Bleed

On **Tuesday, July 17** at **10:30**, Kristen Gooche from IHC Hospital will present **STOP THE BLEED**. She will go over tourniquet application, wound packing, and direct pressure methods to stop major bleeding. The goal is to empower bystanders to take action in the case of a bleeding emergency.

Kristen says, "No matter how rapidly responders arrive after a tragedy, bystanders will always be first on the scene. A person who's bleeding can die from blood loss within five minutes, and that's why it's important for all of us to know how to quickly stop blood loss."

This information is very important to all of us. This is a **free** class. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, July 31** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

A representative from Valley Mental Health's **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with them regarding any personal problems or issues you may be having in your life.

On **Tuesday, July 31** at **10:30**, they will present a new wellness class called **LETTING GO OF CLUTTER**. Do you find yourself holding on to items that you don't need but which you think you might use "someday"? Learn what you can do to promote a more comfortable and uncluttered living environment, as well as find ways to increase your well-being and reduce your stress level. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** and **ART APPRECIATION** classes will **not** be offered in June, July, or August. Information will be available in our **August Newsletter** for his new class which will begin on Monday, September 17.

Sandi Olson's **PAINTING** class continues through **Wednesday, August 1**. She will begin a new seven-week series on **Wednesday, August 8** which will run through **September 19** at **9:00-12:00**. Cost is **\$35**. Registration begins on Tuesday, July 31. Sandi is knowledgeable and paints in both watercolor and oil; she has some experience with pastels and acrylics.

Drawing Class

Lauren Rock's **DRAWING CLASS** will continue through **Friday, August 31** at **1:30-3:30**.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, July 10** will be a cute, patriotic bird door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:30**. Register now.



Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Katy Coombs has one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00 and 3:00**. Katy can assist with computer or device help. Cost is **\$3**. Registration and payment needed in advance.

Watch the August newsletter for information regarding Glen Sisam's new **GENEALOGY** class.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held. The L. Clark Cushing Senior Recreation Center also has an iPad available for use while at the Center if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

History Class: Summer Hiatus

Jim Duignan will be back in September. Look for his topic in the September newsletter.

Readers Theater

The **READERS THEATER** troupe is on hiatus for July. They will be back in August.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Summer Family Concert Series

Please note the below schedule for our 2018 Summer Family Concerts, which are held on the **2nd Monday** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

Monday, Jul 9 **GREAT BASIN STREET BAND** (jazz)
Monday, Aug 13 **COMPANY B** (jazz)
Monday, Sep 10 **MIXED NUTS** (big band)

The Great Basin Street Band



The **GREAT BASIN STREET BAND** (GBSB) is tallying great scores at a number of international jazz and music festivals. Each band member is a standalone great artist, yet the combined ensemble defines the concept of synergy. Entertaining and musically outstanding, GBSB promises an exciting experience for any audience!

The Band has performed at numerous jazz festivals, the Park City Jazz Festival on occasion, and always at the Salt Lake City International Jazz Festival.

In 1999, the GBSB performed as a featured group at the Umbria Jazz Festival in Perugia, Italy. This grandfather of European jazz festivals boasts crowds of more than 100,000. They were then invited to ring in the new millennial year as a featured performance group at the Umbria Winter Festival in Orvieto, Italy. It was truly the New Year's gig to end all New Year's gigs!

The GBSB's success in Europe fostered an invitation to perform as a featured group at the Snowbird Jazz & Blues Festival here in Utah.

The GBSB members are Reed LeCheminant, cornet; Brian Keegan, trombone; Jerry Floor, clarinet; Jay Lawrence, drums; Lars Yorgason, bass; and Kevin Stout, banjo.



We are accepting Silent Auction donations (valued \$50+) until Friday, August 31. The Silent Auction will then begin on Monday, September 10 (Open House) and will conclude on Wednesday, October 17 (Oktoberfest).

Golf League

GOLF TOURNAMENTS are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament. Ask at the Front Desk if you are interested in joining the league this year.

July 16 7:30 Glenmoor
July 30 8:00 Round Valley (Scramble)

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, July 9, 16, and 30** from **10:00-12:00**. You may choose a complete meal or pick a la carte from the menu. You will meet the cashier in the patio to fill out your order form and pay. Next, take a seat and a server will bring your order to you once it is ready.

Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

*We are closed for the Fourth of July,
 Birthday Wednesday will be held on Wednesday, July 11.*

*A special thank you to Memorial Mortuaries and
 Cemeteries for donating the cake and ice cream!*

Transportation

TRANSPORTATION to and from the L. Clark Cushing Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Please let your homebound Murray neighbors over 55 know about this service. We would love to have them come and visit their Murray Senior Recreation Center.



Monthly Calendar

2018

L. Clark Cushing Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday


8:00 – 4:30


Thursday

8:00 – 9:30

Saturday – Sunday

Closed

| MONDAY | TUESDAY |
|---|---|
| 9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 12:30 Personal Training 1:00 Movie: A Wrinkle in Time 2:00 Strength Conditioning | 8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters 12:45 Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance |
| 9:00 NIA / 9:30 Hearing Test 10:00 Brunch Café 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 12:30 Personal Training 1:00 Movie: Lincoln 2:00 Strength Conditioning 7:00 Family Concert: Great Basin Street Band | 8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance / HAFB Trip 10:30 Tai Chi / Car Health 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance 2:30 Crafting with Susan |
| 7:30 Glenmoor Golf 9:00 NIA 10:00 Brunch Café 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: Night at the Museum 2:00 Strength Conditioning | 8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / Stop the Bleed 11:00 Canasta 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafters 12:45 Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance |
| 9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 12:30 Personal Training 1:00 Movie: Battle of the Smithsonian 2:00 Strength Conditioning |  CENTER CLOSED |
| 8:00 Round Valley Golf 9:00 NIA 10:00 Brunch Café 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 12:30 Personal Training 1:00 Movie: Secret of the Tomb 2:00 Strength Conditioning | 8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 AARP Smart Driving 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance |

| WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|
| <div data-bbox="191 216 475 499">  </div> <div data-bbox="224 514 440 543">CENTER CLOSED</div> <div data-bbox="526 220 548 249">4</div> | <div data-bbox="1003 220 1026 249">5</div> <div data-bbox="594 210 937 493"> 8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 NO Computer Help 2:00 Strength Conditioning 7:00 Evening Social Dance </div> | <div data-bbox="1484 220 1507 249">6</div> <div data-bbox="1070 210 1325 430"> 9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class </div> |
| <div data-bbox="519 592 558 621">11</div> <div data-bbox="115 581 531 869"> 9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 Blood Pressure 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Balance / Personal Training 12:45 Bingo 1:00 Bridge </div> | <div data-bbox="995 592 1034 621">12</div> <div data-bbox="594 581 1003 930"> 8:00 Pickleball Instruction 8:30 Ceramics 8:30 Wendover 9:00 Pickleball / 9:30 Living Well 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Game Day 2:00 NO Computer Help 2:00 Strength Conditioning 7:00 Evening Social Dance </div> | <div data-bbox="1474 592 1513 621">13</div> <div data-bbox="1070 581 1461 835"> 9:00 Zumba 10:00 Yoga 10:30 eBooks and eAudiobooks 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class </div> |
| <div data-bbox="519 961 558 991">18</div> <div data-bbox="115 951 459 1270"> 9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Exercise Presentation 12:45 Bingo 1:00 Bridge 1:30 Personal Training </div> | <div data-bbox="995 961 1034 991">19</div> <div data-bbox="594 951 1003 1270"> 8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball / 9:30 Living Well 9:30 Utah Festival Opera 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 7:00 Evening Social Dance </div> | <div data-bbox="1474 961 1513 991">20</div> <div data-bbox="1070 951 1325 1173"> 9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class </div> <div data-bbox="1070 1270 1498 1297"><i>Final Payment due for Shakespeare Trip</i></div> |
| <div data-bbox="519 1333 558 1362">25</div> <div data-bbox="115 1323 522 1608"> 9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance / Personal Training 12:45 Bingo 1:00 Bridge </div> | <div data-bbox="995 1333 1034 1362">26</div> <div data-bbox="594 1323 1003 1671"> 8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball / 9:30 Living Well 9:30 Utah Festival Opera 10:30 Tai Chi 11:30 Lunch 12:00 Massage 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 7:00 Evening Social Dance </div> | <div data-bbox="1474 1333 1513 1362">27</div> <div data-bbox="1070 1323 1325 1543"> 9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 1:30 Drawing Class </div> |
| | | |

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday at 11:00**.

BRIDGE play is on **Wednesday** and **Friday at 1:00-4:00**. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday at 11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday at 9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Bingo

BINGO is played every **Wednesday** and **Friday at 12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Game Day

Come join in on **GAME DAY** on **Thursday, July 12** and **Thursday, July 26 at 1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We also have Wii games available.

Monday Movie

Join us on **Mondays at 1:00** for a **free MOVIE** and popcorn!



A WRINKLE IN TIME

Monday, July 2
2018 / 109 minutes
Science Fiction Adventure



LINCOLN

Monday, July 9
2012 / 150 minutes
Epic Historical Drama



NIGHT AT THE MUSEUM

Monday, July 16
2006 / 108 minutes
Fantasy Comedy



BATTLE OF THE SMITHSONIAN

Monday, July 23
2009 / 104 minutes
Fantasy Comedy



SECRET OF THE TOMB

Monday, July 30
2014 / 97 minutes
Fantasy Comedy

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Theresa Brandon, and Kneaders Bakery and Cafe.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00** to **11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00** to **4:00**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Ear Wax Removal and Hearing Test

On **Monday, July 9** from **9:30** to **11:00**, Dr. Leibovich will be at the Center providing **HEARING TESTS** and **EAR WAX REMOVAL** services. This is a **free** service. Advance appointments are required.

Blood Pressure

Community Nursing Services will be providing **free BLOOD PRESSURE** screenings on **Wednesday, July 11** from **10:30** to **12:00**.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, August 23** from **9:30** to **12:00**. The cost is **\$11**. Toenail scheduling begins Thursday, July 26. Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Exercise Presentation

On **Wednesday, July 18** at **12:30**, Kinesiology students from the University of Utah will spend 40-45 minutes presenting an educational program related to physical activity in aging adults.

They will discuss:

- What is kinesiology?
- Who they are and why they are volunteering
- Their purpose and the goals they set out to accomplish
- The science behind the importance of physical activity
- What seniors should include in their physical activity
- What happens in their balance class and personal training
- What they hope to accomplish and learn from their experiences
- Ideas they have to improve the experience

There will be time for Q&A at the end of their presentation. This is a **free** presentation. No registration required.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, July 10** from **1:30** to **3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, July 17** from **12:00** to **2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

Gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Beginning Tai Chi
Tuesdays
12:45—1:45

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or purchase our \$30 Monthly Total Fitness Pass. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Wednesday** at **12:30-2:00**.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The current eight-week session will continue through **Monday, July 30** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Hill Aerospace Museum and The Hive Winery

We will undertake this unique and popular trip on **Tuesday, July 10 at 9:30** to two diverse locations in northern Utah. Cost of this trip is **\$8**. [Register now](#).

Our first stop will be the **HILL AEROSPACE MUSEUM** located on the northwest corner of Hill Air Force Base. The museum was founded in 1962 as part of the US Air Force Heritage Program and first opened to the public in 1987 where military historical artifacts are on display.

Next, we will travel to the **CRACKER BARREL** in Layton where lunch will be on your own.

After lunch, we will visit **THE HIVE WINERY**, a small “boutique” Utah winery specializing in premium “non-grape” fruit wines and honey wines. The Hive Winery is close to sources of wonderful fresh fruit and local honey and is working on choosing all the environmentally responsible ways of producing wines. Wine tasting and sales will be available (*there is a charge for the wine tasting*).

Wendover

Travel to **WENDOVER** on **Thursday, July 12** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return at approximately **7:00**. [Register now](#).

Utah Festival Opera

We will be making two trips to Logan for the **UTAH FESTIVAL OEPR**A to see matinee performances of *Into The Woods* on **Thursday, July 19** and *The Barber of Seville* on **Thursday, July 26**.

Both trips leave at **9:30** and we will have lunch at the Bluebird (on your own) then see the show at 1:00. The cost of each trip is **\$55** for transportation and show ticket. If time allows, we will also visit the Gossner Cheese Factory. [Registration begins on Monday, July 2](#). These trips are limited to 13 people per trip.

Springville World Folkfest

Travel to the **SPRINGVILLE WORLD FOLKFEST** on **Thursday, August 2 at 5:00 pm** and we will return at approximately **11:00 pm**. Cost is **\$13** and includes transportation and entrance to the Festival. Dinner cost is on your own. Bring a lawn chair and umbrella or hat. [Registration begins Tuesday, July 10](#).

The Folkfest brings the color and excitement of traditional folk dance and music from around the world to Springville. Prior to the main performance, we will sample a variety of international foods and craft booths.

Payson Salmon Supper

Join us for the 64th annual Payson Salmon Supper on **Friday, August 3**. We have chartered a 52-passenger bus that will depart at **2:30**, and the cost is **\$30**. [Registration for this popular trip begins on Wednesday, July 11](#).

Thousands of pounds of fresh Alaskan salmon are flown in to Payson City for this hearty meal of fine-grilled salmon (cooked by local firemen) served with a baked potato, sweet local corn on the cob, salad, and dessert. Musicians and singers serenade the crowd waiting in line.

Utah Shakespeare Festival







We will charter a bus to visit the Utah Shakespeare Festival on **August 27-29**. Join us as we see three classic William Shakespeare plays this year—*Henry VI*, *Othello* and *The Merchant of Venice*.

The cost is **\$350** per person (double occupancy) or **\$425** (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty’s and Milt’s, and three plays.

[Registration begins Tuesday, July 3](#). A minimum **\$50** deposit is required for each participant to register for the trip. [Trip payment in full required by Friday, July 20 at 4:00](#). Travelers may register for themselves and **one** other person.

Cancellations must be made prior to Friday, July 20 for a full refund. After July 20, trip refund amounts will be on a case-by-case basis.

JULY LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 2 NO LUNCH | 3 PIGS IN A BLANKET Side Salad Mac 'n Cheese Ice Cream Sandwich | 4  CENTER CLOSED | 5 GRILLED SALMON Au Gratin Potatoes Grilled Veggies Chocolate Mousse | 6 SPAGHETTI AND MEATBALLS Garlic Bread Side Salad Cookie |
| 9  BRUNCH CAFÉ 10:00-12:00 | 10 SHRIMP PO'BOY Tater Tots Cajun Pasta Salad Orange Dream Bar | 11 CHEESEBURGER Onion Rings Coleslaw Birthday Cake and Ice Cream  | 12 BRATWURST Bacon Sauerkraut Chips Rice Krispie | 13 CHICKEN TORTELLINI Caprese Salad Roasted Beets Fresh Fruit |
| <p>Lunch is served Tuesday-Friday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance</p> | | | | |
| 16  BRUNCH CAFÉ 10:00-12:00 | 17 BAKED TILAPIA Caesar Salad Peas 'n Bacon Yogurt Parfait | 18 ROASTED CHILE MAC Slice of Honey Ham Green Beans Mint Oreo Brownie | 19 PIZZA Side Salad Garlic Bread Fruit | 20 CHICKEN ENCHILADA Spanish Rice Veggies Jello |
| 23 NO LUNCH | 24  CENTER CLOSED | 25 SMOKED BRISKET Grilled Squash Cornbread Muffin Frozen Samoa Pie | 26 PORK CARNITAS Mexican Street Corn Salad Rice Watermelon | 27 CHILI CHEESE DOG French Fries Steamed Veggies No-Bake Cookie |
| 30  BRUNCH CAFÉ 10:00-12:00 | 31 TACO SALAD BOWL German Chocolate Cake | | | |